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WORLD CUP ROUNDUP: DAY 4

MESSI AND CO. GET ARGENTINA OFF TO A GOOD START, WHILE FRANCE DOMINATES AND SWITZERLAND WINS IN DRAMATIC FASHION PAGE 13

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Plane crash kills two in SE Saskatchewan

Transport Canada investigating. Men confirmed dead at crash site near Torquay

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Two men are dead after a crash of a small plane in southeastern Saskatchewan on Sunday morning.

The Cessna crashed near Torquay, about 200 kilometres southeast of Regina, prompting a call to RCMP shortly after 10 a.m.

The two men were the aircraft's only occupants and were confirmed dead at the scene. RCMP did not released their names while they tried to contact their families.

The wreckage of the plane crash near Tourquay. COURTESY RCMP

By mid-afternoon, RCMP spokeswoman Mandy Maier had no details on the plane or its flight, or information on the victims and their home towns.

"We still have members on scene out there, so that will hopefully become a little more clear once they finish their investigation," Maier told Metro, noting that officers from Estevan responded to the crash call.

"There are no more details. That's part of the investigation process at this point, to determine what was happening."

Maier couldn't specify when a probe into the crash and its cause will shed more light on the tragedy.

"The Transport Canada safety board investigation team is involved. That's all I have at this point," she said.

The plane was reported overdue shortly before the wreckage was discovered in a field, police said.

Police released a photograph of the wreckage in the apparently remote location.

OUTTA MY WAY!

Regina Riot running back Chantel Morrison carries the ball straight toward a pack of defenders during the third quarter of her team's win over the Winnipeg Nomads Wolfpack in a WWCFL Prairie Conference semifinal game on Sunday at the University of Regina. The Riot came from behind to win 27-13 and earn a date with the Saskatoon Valkyries in the conference final next Sunday in Saskatoon.
ROSS ROMANIUK/METRO

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Tougher penalties

Distracted driving now top threat on Saskatchewan roads

Whether through advertising campaigns, ramped-up educational blitzes or heftier penalties, it's become clear that distracted driving is the new chief menace on roadways in Saskatchewan.

While policy-makers acknowledge that vigilance is required to stamp out impaired driving, attention is increasingly focused on dangerous habits behind the wheel — namely, using cellphones.

"Twenty-five per cent of all crashes in the province are attributed to distracted driving," said Kelley Brinkworth, spokeswoman for Saskatchewan Government Insurance.

"We still see way too many people doing it."

Brinkworth said the number of fatalities on Saskatchewan roads stemming from distracted driving surpassed those caused by impaired driving in 2012.

"For the longest time, impaired driving was the most deadly (dangerous) driving behaviour," she noted.

Under provincial regulations to take effect on June 27, drivers caught using cellphones twice in the course of a year will have their vehicles seized for up to a week.

Battling distracted driving, Brinkworth notes, remains a major goal for regulators as the government cracks down on those who don't hang up behind the wheel.

Under other new rules, impaired drivers (over 0.04 per cent blood alcohol) will face roadside vehicle seizures increasing in severity from three days to 14 days, depending on driver experience and the number of previous offences. Drivers charged with exceeding a 0.08 per cent blood-alcohol content or refusing a breath test will have their vehicles confiscated for up to 60 days, while those caught for other distracted driving offences for a third time within a year will have their vehicles seized for up to seven days.

MARCO VIGLIOTTI/METRO

On a mission to build ATVs for those with disabilities

Prototype. 'I didn't want being in a wheelchair to stop me from getting around faster,' says Keith Lucyk

SARAH TAGUIAM
sarah.taguiam@metronews.ca

A Saskatchewan man is building a form of all-terrain vehicle (ATV) for physically disabled people who don't want to let go of their sense of adventure.

White City resident Keith Lucyk has been in a wheelchair for 23 years, since a diving accident damaged his spinal cord.

But while growing up in the outdoors of rural Saskatchewan, he didn't want his disability to prevent him from leading an active life.

"It's something I'm very passionate about, and I didn't want being in a wheelchair to stop me from getting around faster and better," Lucyk, 39, told Metro.

After searching for years, however, Lucyk wasn't able to find an ATV that suited his needs.

"The ones out there can't survive driving on gravel roads and dirt roads, and I'm wearing chairs out like crazy," he said.

After some research, Lucyk began constructing an ATV that could accommodate riders with various levels of disability.

His project has caught the attention of the Tetra Society of North America, an organization that recruits volunteers to create devices for people with physical disabilities.

Lucyk has teamed up with Tetra mechanic Gerry Wurtak and employees at Regina's Ross Machine Shop to build the prototype. They've been working on it since 2012, and Lucyk estimates they'll have the finished product by the summer of 2015.

If it works well, Lucyk hopes to build many more, for sales and a wide distribution.

"It's been a lot of pleasure for me just helping build this," he said, "but my biggest dream is to reproduce it, take it to places and have others benefit from it as well."

White City resident Keith Lucyk is building an ATV that could work for riders with disabilities. Inset: A rendering of the ATV that he and his team are developing. The vehicle is slated for completion in the summer of 2015. COURTESY KEITH LUCYK

Wastewater plant will be union-built

Regina's wastewater treatment plant will be built by members of a public-sector union that helped lead a campaign against the project's private-sector financing and operation.

Officials with the Canadian Union of Public Employees (CUPE), however, maintain that while construction of the estimated $224-million facility will employ some workers represented by the union, the public-private partnership (P3) project remains a bad deal for Regina taxpayers.

In a prepared statement, CUPE Saskatchewan vice-president Dolores Douglas said the union remains concerned about "the loss of public control and accountability" surrounding the sewage treatment project.

"The Regina wastewater P3 contract (is) already approaching $1 billion, and the undisclosed costs the public will ultimately be left on the hook to pay for, as evidence shows P3s are invariably more costly for the public in the long run," Douglas said.

Deputy city manager Brent Sjoberg, though, said Regina's plan to build the plant using some private financing will provide greater savings than previously estimated.

"The final result is even better than we thought," he said at an executive committee meeting on Wednesday.

"In the overall scheme of things ... the project is significantly under budget."

Quoted

"(Public-private partnerships) are invariably more costly for the public in the long run"

CUPE Saskatchewan vice president Dolores Douglas

In last September's municipal referendum, CUPE supported community group Regina Water Watch's unsuccessful campaign against the city's proposal to have a private company build, operate and maintain the plant for 30 years.

The union also ran advertisements in the run-up to the vote, urging residents to "keep water public."

After a controversial campaign, city hall's side garnered more votes.

MARCO VIGLIOTTI/METRO REGINA

Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neighbourhoods or security forces.

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS

Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

Pro-Russia separatists shoot down Ukraine military plane, killing 49

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for Ukrainian forces — the deadliest single incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke to security officials at a televised meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

THE ASSOCIATED PRESS

Escalating battle

- Nine crew and 40 troops were aboard the Il-76 troop transport when it went down early Saturday as it approached the airport at Luhansk, the Ukrainian prosecutor general's office said.

Casey Kasem

King of Top 40 countdown dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his sign-off, he'd tell viewers: "And don't forget: keep your feet on the ground and keep reaching for the stars."

Casey Kasem
THE ASSOCIATED PRESS

Kasem's voice was also heard in TV cartoons such as Scooby-Doo (he was Shaggy).

THE ASSOCIATED PRESS

Jacob Hoggard at MMVAs

Jacob Hoggard gestures in front of audience members as his band, Hedley, performs the opening number at the 2014 Much Music Video Awards in Toronto on Sunday.

CHRIS YOUNG/THE CANADIAN PRESS

Ottawa woman's journey from the streets to the law

University of Ottawa. A troubled life left her homeless at 16 — but eight years later, she's a law school graduate

TREVOR GREENWAY
Metro in Ottawa

Eight years ago, Raphaëlle Ferland was living on the streets with a substance abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Ferland would have found hard to imagine a decade ago, struggling through a troubled upbringing that left her homeless at 16.

Raphaëlle Ferland accepts congratulations from University of Ottawa dean of civil law Sébastien Grammond, at her convocation. TREVOR GREENWAY/METRO IN OTTAWA

"If you told me 10 years ago when I was on the streets, if I would ever be in law school, I would have probably just laughed in your face," said a proud Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

The troubles began for Ferland at a very young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on friend's couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Her struggles were not over, however: Ballooning tuition costs became a real challenge.

"I have worked through it all, but there are still struggles ongoing," she said. "If I compare my life now to even just a few years ago, it's not even comparable."

Ferland wants to draw from her street experience to become a criminal defence lawyer — and a voice for those living on the margins who get into trouble with the law.

And she wants to inspire those looking for a way out of homelessness, by presenting herself as a case study to show that it's never too late.

"You just can't give up," she said. "If you want something, there will be so many hurdles in your way. But if you overcome those hurdles, the rewards are enormous."

Mindfulness is making its way into Ontario jails

SCOTT TAYLOR
Metro in London, Ont.

Behind the walls of the infamous Elgin-Middlesex Detention Centre, where violence and fear is a daily fact of life, one man is trying to make a difference with a mat and an attitude of spirituality.

Jeff Hardy has opened the world of yoga to the inmates.

"Mindfulness is the up-and-coming thing in social work," he said,

"But it's not really in Ontario yet. It's all over the United States, though."

Hardy goes into the jail every Thursday night, throws down some mats, "and we stretch."

Tall and solid with a thick beard and some body art, the former probation officer doesn't look too out of place as he sits with the rest of the inmates.

To get in, he used his connections in correctional services and pitched the powers that be in a Power Point presentation, which seems to have done the trick.

The results, he said, have been tremendous.

A binder full of positive feedback proves it.

The biggest complaint, he said with a laugh, came when he showed up and the inmates asked, "Hey, where's the chick?"

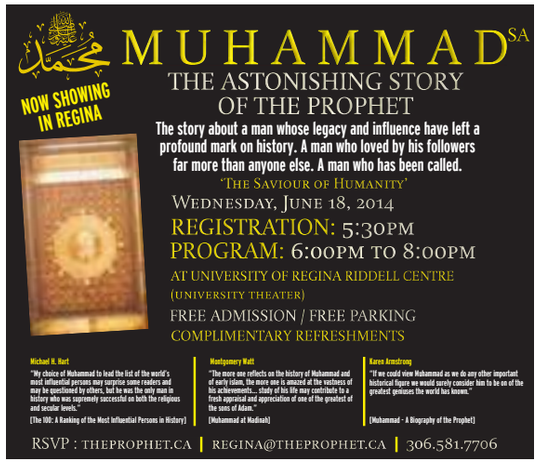
"I started off with the kitchen staff at the jail because they're the motivated guys. They want to work and get out of there," he said.

While no one connected with the jail was authorized to talk publicly about it, Hardy said they approve of the program.

Now he hopes to receive funding from the Ontario Trillium Foundation to spread the good karma to prisons across the province.

"The social work I do at my desk, it would take months to get the breakthroughs I get with them after 45 minutes on a yoga mat," he said.

Jeff Hardy, a social worker and former probation officer, says yoga is being embraced by inmates in one tough Ontario jail. SCOTT TAYLOR/METRO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Online survey

Pierre Trudeau tops list of Canadian heroes

Canadians have come up with a Top 10 list of the country's greatest heroes, featuring some of the Conservative party's greatest adversaries, past and present. The list, compiled from online consultations in the run-up to Canada's 150th birthday in 2017, includes Pierre Trudeau, Jack Layton, David Suzuki and Lester B. Pearson.

About 12,000 Canadians participated in the online exercise which asked: Which Canadians have inspired you the most? Only one clearly identifiable Conservative appears: Sir John A. Macdonald in eighth place.

The list was topped by former Liberal PM Pierre Trudeau, followed by Terry Fox; NDP great Tommy Douglas; former Liberal PM Lester Pearson; astronaut Chris Hadfield; activist David Suzuki; NDP leader Jack Layton; hockey great Wayne Gretzky; and soldier-senator Romeo Dallaire.

THE CANADIAN PRESS

Trust your gut and mind

HOW TO ROLL
Alison Griffiths
metronews.ca

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich, in and of themselves, but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education as part of their job.

Unfortunately, too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessarily riddled with jargon and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again.

Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make smart investment decisions. CHRISTIAN SCHNETTELKER/FLICKR

Also, request examples and visual representation of what the adviser is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

2. Trust your gut

Without fail, virtually everyone who has ever told me about an investment they regret has also confessed they felt uncomfortable or uncertain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Consider that there's a stock market correction of 20 per cent once every five years, on average. Do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE ATTORNEY GENERAL OF NOVA SCOTIA

TO: ***Former Residents of the Nova Scotia Home for Colored Children***
RE: ***Elwin et al. v. Nova Scotia Home for Colored Children et al.*** **– Hfx. No 343536**

What is this notice?
A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?
The Province of Nova Scotia will pay $29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?
A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?
No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?
No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?
For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
Toll Free: 1-800-465-8794. Fax: 902-422-1233
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GHOST TRAIN STILL STEAMING

St. Louis, Sask.

After all, what other province can boast a ghost story dating back close to 100 years involving not just paranormal activity, but a possible beheading?

The legend of the St. Louis Ghost Train is a deliciously enduring mystery that residents of Saskatchewan love to share.

After all, what other province can boast a ghost story dating back close to 100 years involving not just paranormal activity, but a possible beheading?

The legend has so much allure that the spooky tale is depicted on one of five stamps issued on Friday the 13th as part of a Haunted Canada campaign from Canada Post.

The ghost train has been a part of St. Louis, Sask., lore for as long as anyone can remember.

When a rail line through the area was abandoned and its tracks removed years ago, some thought the phenomenon would end.

It didn't.

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

Locals say the ghostly apparition can still be seen almost every night.

The phenomenon has been featured on the television series Unsolved Mysteries and entails a strange light moving up and down along the abandoned rail line at night.

Several have attempted to explain the light, saying it's a ghost train or an apparition of a drunk brakeman who lost his head to a passing train and now wanders the tracks with a lantern attempting to find it.

Through it all, no one has been able to come up with a good explanation for the eerie sightings.

Two high school students from La Ronge won science gold medals for investigating and eventually duplicating the phenomenon, which they determined to be caused by an effect stemming from distant vehicle lights.

However, there is a problem with this theory: The light was seen before motor vehicles were around.

Anyway, it's far more fun to think a decapitated ghost is aimlessly wandering in a part of Saskatchewan.

Whatever it is that's fuelling legends and firing imaginations all these years, it hasn't gone away.

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

Follow Me To ...

The "Follow Me To" series, by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 7 in Scene and page 14 in Sports

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Cat laps up punishment

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)

JOHN MOORE/GETTY IMAGES

metro

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Haven't heard Everything We Touch yet? Scan the photo with your Metro News app to see the video!

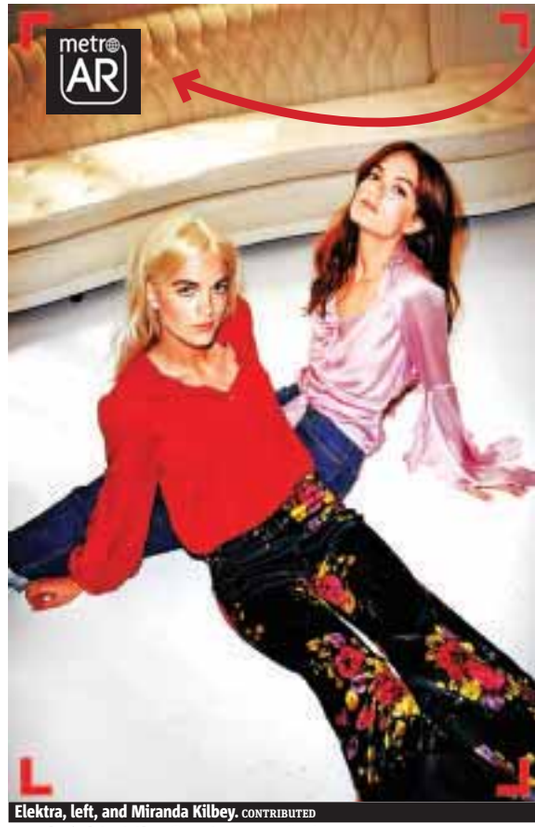
Say Lou Lou: Double the sounds, double the trouble from sisters

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT
Metro World News in London

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP Everything We Touch dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.



Elektra, left, and Miranda Kilbey. CONTRIBUTED

It sounds like you had a good night at the Great Escape festival.
Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?
Miranda: Ugh, yeah, I fell over and hit my head after the party and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?
Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.
Miranda: Everyone says that, but you're like no, but yeah, but no, but…

Is it just a bit grubby?
Miranda: Yeah [laughs].

It seems like you've spent most of your lives on tour. Where do you call home?
Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridic. We're constantly on tour. It's weird, I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?
Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?
Miranda: I'm a very strong four-minutes-older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy, Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?
Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?
Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

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That's Dame Angelina to you

Angelina Jolie

Angelina Jolie, actress, director, activist and now Dame received the title from The Queen in the annual list of birthday honours this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honour related to foreign policy means a great deal to me as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honour in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and Downton Abbey star Maggie Smith were also recognized Sunday. METRO WORLD NEWS

May The Force be with Harrison Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it.

"We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon unexpectedly fell on him.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?

STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.

Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."

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It takes guts to stop being a duck stuck in a financial rut

Changing bad habits. If you want to build a financial safety net, you must start by opening a savings account

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about $12 an hour, a $15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do something differently so you have a different outcome, you must start somewhere. You cannot save $10,000 until you save $1,000. You cannot save $1,000 until you save $100. You cannot save $100 until you save $10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website Gays With Kids — an online community for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, Gays With Kids co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. THE CANADIAN PRESS

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal Psychological Science, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.
THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemicellulose and resistant starch, which encourages the spread of lactobacillus. The health benefits associated with lactobacillus include fever symptom reduction to protecting against salmonella. THE ASSOCIATED PRESS

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow

I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than $46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. – *Lesley-Anne Scorgie/for Metro*

Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to $7,200 through the Canadian Education Savings Grant and $2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to $50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute $25 per month to the RESP and have reduced their aggressive debt repayment plans to $200 from $800 per month.

Peter is working diligently to secure freelance contracts valued at $18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their investment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved $19,700 since January.

Homework:
Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived May 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Rent or own: Rent
- Top goals for 2014: pay off debt, start an RESP, and start saving a down payment.
- Current net worth: $85,700
- Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter.

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for babysitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately $500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra $100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately $50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately $550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or $2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construction safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved $26,400 since January.

Homework:
Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,300
- Homework from last month: Move into their new home without busting their budget.

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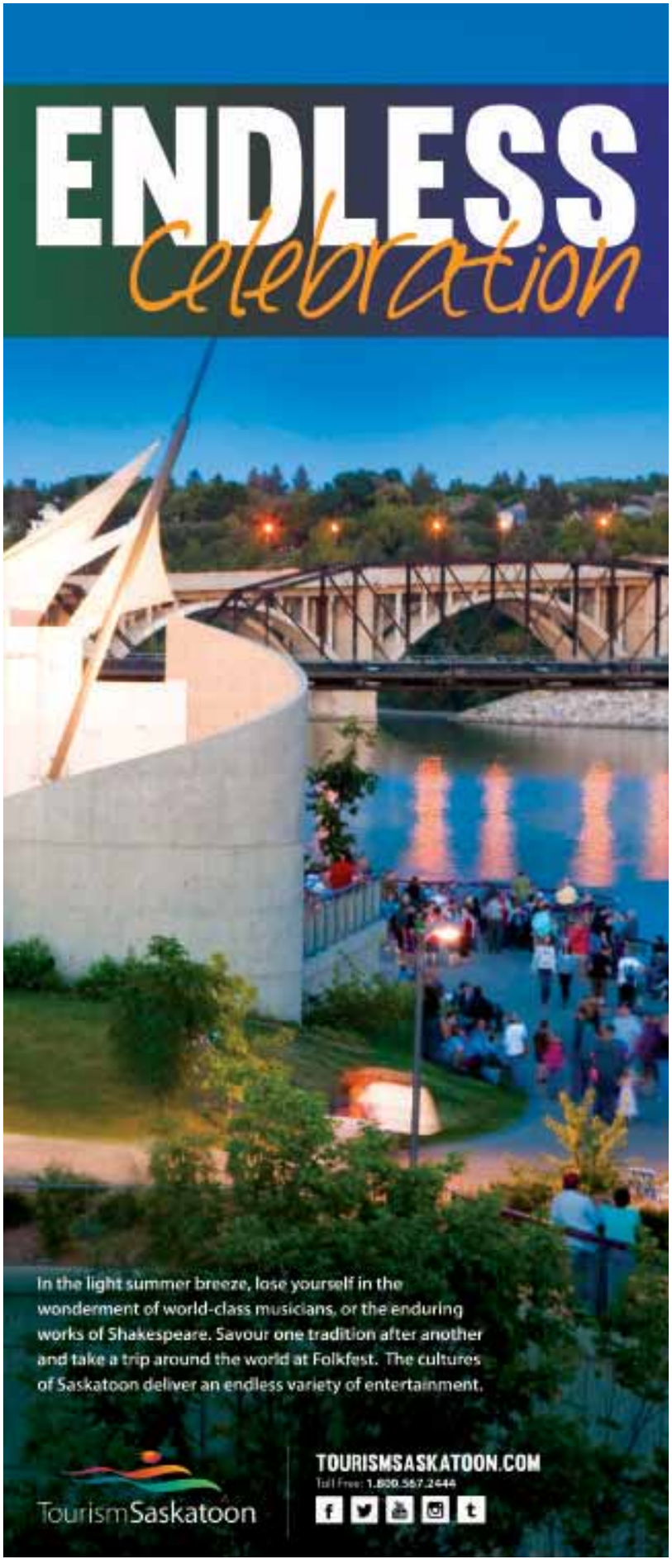
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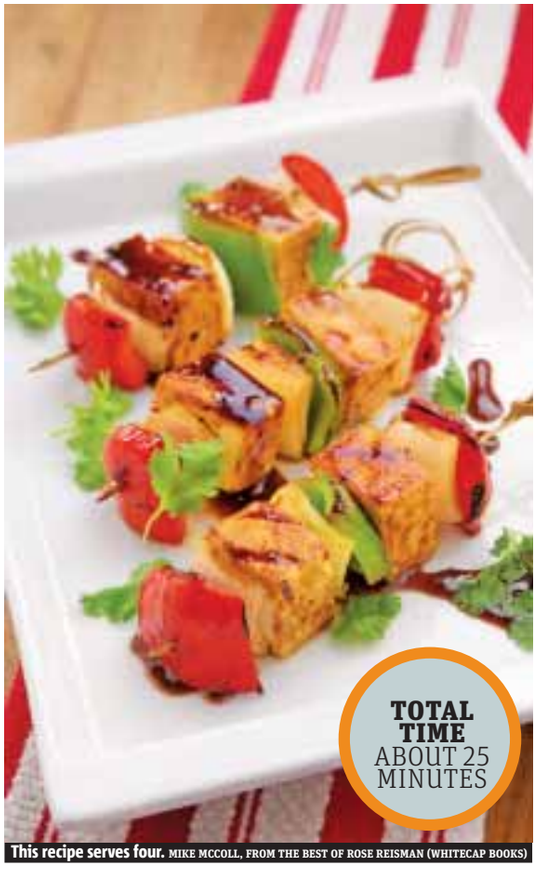


This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these tofu satays.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because medium tofu is too soft and the extra firm too tough. Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

When grilling, be sure to cook on a medium heat so you don't char the tofu or vegetables which can cause carcinogens.

Feel free to substitute the vegetables of your choice and adding a fruit such as mango, papaya or peach would be delicious.

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)

Sauce

- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a non-stick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Hoisin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft. Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

4 SPORTS

France 3, Honduras 0

Benzema a force to begin tourney

Karim Benzema scored twice and created a third that was confirmed by goal-line technology as France beat Honduras 3-0 Sunday in its first World Cup match.

The dominant win was a relief for France, whose team of highly paid players failed to win in South Africa and was sent home in a disgrace after going on a training strike.

"Winning 3-0 at a World Cup isn't easy," France coach Didier Deschamps said. "(The players should) savour the moment; there's nothing more wonderful."

THE ASSOCIATED PRESS

Switzerland 2, Ecuador 1

Swiss earn comeback win in stoppage time

Switzerland grabbed a winner with virtually the final kick to earn a 2-1 victory over Ecuador in the World Cup on Sunday, extending a run of come-from-behind wins that are becoming a theme of the tournament.

With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot. After wild Swiss celebrations, Ecuador's shell-shocked players barely had time to restart before the final whistle was blown.

It was the fifth time in the first nine matches in Brazil that a team had come from a goal down to win — but this was the most dramatic of all the comebacks.

THE ASSOCIATED PRESS

Argentina's Lionel Messi scores against Bosnia in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

Lionel Messi scored a stunning second-half goal to push Argentina to a 2-1 victory over World Cup debutant Bosnia at the Maracana stadium on Sunday in the Group F opener for both teams.

Messi lifted Argentina in the 65th minute, moving in from the right and striking a low left-footed shot off the inside of the post behind Bosnian keeper Asmir Begovic. It was just the second World Cup goal for Messi, adding to one he scored eight years ago in Germany.

Vedad Ibisevic scored a close-in goal in the 85th to give Bosnia hope.

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before the ball bounced off Kolasinovic's foot into Bosnia's goal.

Bosnia bounced back after the early setback, making Argentina's lead look shaky.

For much of the match Argentina struggled to find ways to create danger as Bosnia gave Messi no space to work his magic.

Coach Alejandro Sabella put in striker Gonzalo Higuain at halftime allowing Messi to take a step back. That shift proved crucial, getting the Barcelona star more involved in the action.

THE ASSOCIATED PRESS

Standoff in Rio

A Brazilian police officer can be seen on an Associated Press video firing what appears to be a live pistol round at anti-World Cup protesters Sunday near Rio de Janeiro's Maracana soccer stadium.

- During the small but violent protest, another man in plainclothes who identifies himself as a police officer also pulls a pistol and fires two shots into the air near the stadium.

Kaymer dominant in winning U.S. Open

Martin Kaymer reacts after completing his eight-stroke win at the U.S. Open on Sunday in Pinehurst, N.C. STREETER LECKA/GETTY IMAGES

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open.

Kaymer closed with a 1-under 69 — the only player from the last eight groups to break par — for an eight-shot victory over Rickie Fowler and Erik Compton, the two-time heart transplant recipient and the only player who even remotely challenged the 29-year-old German.

So dominant was Kaymer that no one got closer than four shots over the final 48 holes.

Only a late bogey kept Kaymer from joining Tiger Woods and Rory McIlroy as the only players to finish a U.S. Open in double digits under par. He made a 15-foot par putt on the 18th hole, dropping his putter as the ball fell into the centre of the cup, just like so many other putts this week.

"No one was catching Kaymer this week," Compton said, who closed with a 72. "I was playing for second. I think we all were playing for second."

THE ASSOCIATED PRESS

Pulling away early

65

Martin Kaymer set the U.S. Open record with back-to-back rounds of 65 to set the pace at 10-under 130 through Friday.

Navarro helps Jays get even with O's

MLB. Toronto steals a win in Baltimore to split series and tighten its loosening grip on division lead

On Sunday

Blue Jays	Orioles
5	2

Home-field advantage hasn't taken hold this season for the Baltimore Orioles, especially when Chris Tillman is on the mound.

The Orioles wasted a fine pitching effort by Tillman and lost to the Toronto Blue Jays 5-2 Sunday, leaving Baltimore with an unsatisfying split of the four-game series.

The defeat dropped the Orioles 4-1/2 games behind the first-place Blue Jays in the AL East and dropped their record at Camden Yards to 16-17.

Baltimore went 5-5 during a homestand against Oakland, Boston and Toronto.

"Obviously when you play at home, you want to play a little above .500," said Adam Jones, who hit his 11th homer for the Orioles. "We're playing some good teams. That's the beauty of it. The competitive level is rising and it's fun to see."

Tillman (5-4) allowed three runs and eight hits in seven innings. He's 0-4 with a 2.78 ERA at home and 5-0 with a 6.33 ERA on the road.

Stepping up

"You can count on the little guys sometimes."

The Blue Jays' Dioner Navarro

"That's how it goes in baseball," Jones said. "He threw the ball well today. Unfortunately, we were unable to score him some runs."

Tillman didn't issue a walk or record a strikeout.

"I'm trying to make these guys put the ball in play as soon as possible," the right-hander said. "If that's the way it's going to be, fine. I'm going to take it."

Nelson Cruz had three hits and his major league-leading 56th RBI for the Orioles, who are 17-11 against division foes.

J.A. Happ pitched effectively into the seventh inning and Dioner Navarro had three hits and two RBIs to help the Blue Jays forge a split.

"It means a lot," Navarro said.

"It's a good series in general. We made some good plays, we got some clutch hitting," Toronto slugger Jose Bautista said. "A series split on the road against the second-place team is something to not be too upset about."

Edwin Encarnacion also had three hits for the Blue Jays, who had totalled 15 runs in losing six of their previous eight games. Led by Navarro, Toronto banged out 12 hits against Tillman and two relievers.

THE ASSOCIATED PRESS

Starting pitcher J.A. Happ of the Toronto Blue Jays throws to a Baltimore Orioles batter during the fifth inning at Oriole Park at Camden Yards on Sunday in Baltimore. ROB CARR/GETTY IMAGES

MLB. Marlins rally past Pirates after McGehee's sacrifice fly in the 10th

Casey McGehee completed his sacrifice-fly trot near first base, then started toward the Miami Marlins dugout and was met by the sight of the entire team gleefully sprinting toward him.

McGehee, who has delivered plenty of clutch hits this season, started a celebration Sunday with an out.

He tied the game in the eighth inning with a two-out, two-run double, then drove home the winning run with a sacrifice fly in the 10th, and the Marlins averted a series sweep by beating the Pittsburgh Pirates 3-2 Sunday. Miami earned its sixth walkoff win and broke a three-game losing streak.

"It's one of those feelings you can't really describe," said McGehee. "It's a special feeling because you've been grinding for however many innings ..."

THE ASSOCIATED PRESS

MLB. Cleveland completes comeback with Swisher's winning homer in the 11th

Nick Swisher finally has something to savour in a tough season — a game-winning homer.

He had spent 16 days on the disabled list before being activated Thursday. He was batting just .203 when he came to bat in the 11th inning on Sunday.

Then he led off the inning with his fourth homer of the season, giving the Cleveland Indians their second straight 3-2 comeback win over the Boston Red Sox.

Nick Swisher celebrates his game-winning homer. GETTY IMAGES

THE ASSOCIATED PRESS

NBA Finals. Still unclear whether Duncan will hang up his Spurs after series

Annual traditions are everywhere in San Antonio.

There's the way the famed Riverwalk is transformed into a sea of lights at holiday time. Fiesta Noche del Rio, a summerlong outdoor performance of song and dance that dates back more than half a century. A huge rodeo takes over the city for about three weeks every winter.

And of late, there's been the Tim Duncan Watch.

Unlike the others, this is one San Antonioians dread.

Someday, the star of the San Antonio Spurs will retire, though if he knows when, he's not telling.

He entered Game 5 of the NBA Finals on Sunday night one win away from what would be his fifth championship ring, and speculation has been rampant that if the Spurs topple the Miami Heat and end their reign atop the league, Duncan might finally feel like the time is right to end what will surely be a Hall of Fame career.

"I don't have any plans on doing anything," Duncan said Saturday. "I'm going to figure it out when it comes. I'm not saying I'm retiring. I'm not saying I'm not retiring ... I'm going to figure it out as it goes. I've always said if I feel like I'm effective, if I feel like I can contribute, I'll continue to play."

THE ASSOCIATED PRESS

Sundays game

For coverage of Game 5 of the NBA Finals go to metronews.ca

NBA

Knicks hope to hold on to Melo

Carmelo Anthony wanted New York, and the Knicks wanted him. Now, a little more than three years after the trade that brought them together, Anthony could decide to leave.

The Knicks would like him to stay, but they realize he will have some appealing options if, as expected, he tests free agency.

"I would love to have the opportunity to work closely with Carmelo," said new Knicks coach Derek Fisher.

THE ASSOCIATED PRESS

Rugby

Canada loses tight battle with Scots

Canada may have been within a couple of points of knocking off a Tier 1 rugby team Saturday, but there was no celebrating in the Canadian locker-room.

A controversial penalty in the dying minutes made sure of that.

The Canadians dropped a 19-17 decision in an international Test match at BMO Field to Scotland — a country that sits a full eight positions higher than them on the world rankings.

THE CANADIAN PRESS

Scan the image to view a gallery of the Stanley Cup celebrations in Los Angeles

Kings return to the throne

Defenceman Drew Doughty celebrates the Los Angeles Kings' Stanley Cup-clinching Game 5 win over the New York Rangers on Friday night in Los Angeles. "Next year, we're going to want to win it again," Doughty said Friday night after the Kings' double-overtime victory. With two NHL championships in three years, the Kings are building a hockey dynasty in an unlikely place. CHRISTIAN PETERSEN/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

♉ Taurus
April 21 - May 21
Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

♊ Gemini
May 22 - June 21
The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

♋ Cancer
June 22 - July 23
Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

♌ Leo
July 24 - Aug. 23
Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

♍ Virgo
Aug. 24 - Sept. 23
When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

♎ Libra
Sept. 24 - Oct. 23
Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

♏ Scorpio
Oct. 24 - Nov. 22
Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

♑ Capricorn
Dec. 22 - Jan. 20
You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

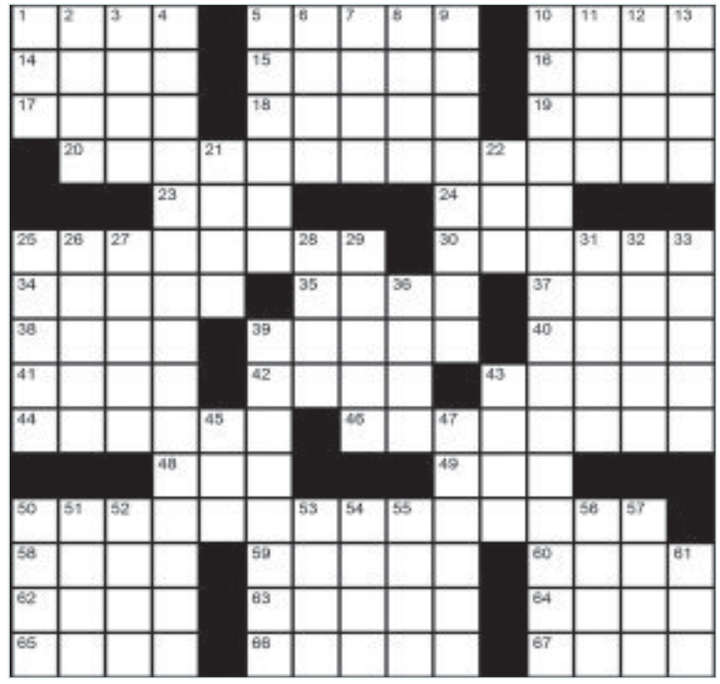
♒ Aquarius
Jan. 21 - Feb. 19
When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

♓ Pisces
Feb. 20 - March 20
You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



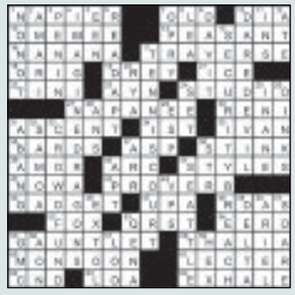
Across

1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra standout
15. Take apart the Hoover, say
16. Antarctica's Prince __ Coast
17. "Star __"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trailblazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, _ _ _-Lavalin
24. Funny! __-hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The __
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.": 2 wds.
41. Fast food titan Ray
42. No: German
43. Trim
44. __ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-__
49. Pasta names suffix
50. Serena Ryder hit: 4 wds.
58. __-hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variantly
62. Awestruck
63. Queen: Spanish
64. Particle
65. Carry
66. Ms. Sagal
67. Detect

Down

1. Baseball great Mel
2. Genuine
3. Brother of Cain
4. Summery retreat as in The Muskokas in Ontario: 2 wds.
5. Fine difference
6. "Step __ __ pets." (Furry friends palindrome)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ___
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "__ __ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud __, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, _ __
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, __ Boss
52. Commonly: 2 wds.
53. Vitamins brand, __ _ Day
54. Building block
55. Sole
56. Fall
57. Catch __ ('Get')
61. Prepared

Friday's Crossword



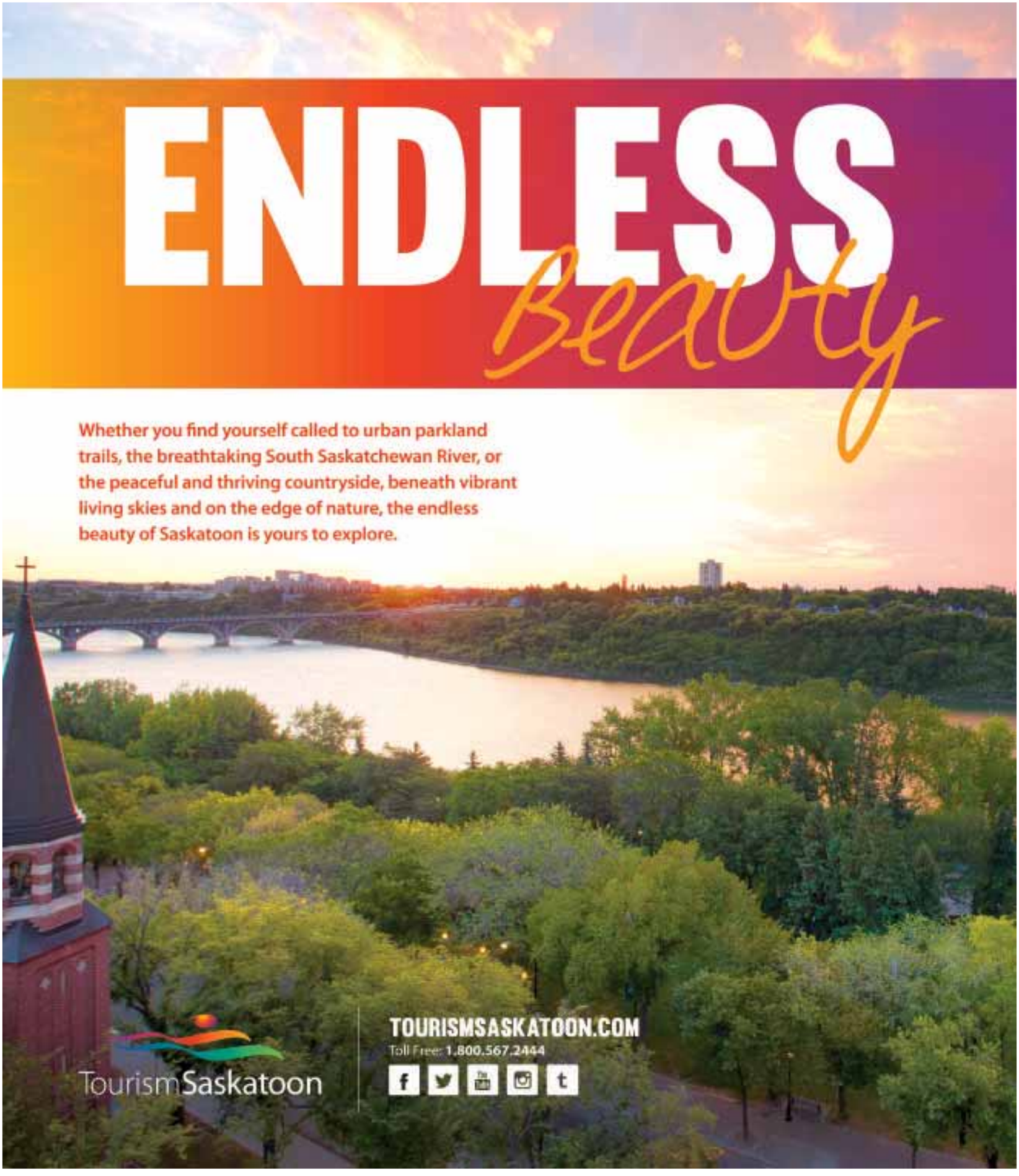
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

9		6			1		5	
				5	3			1
5				4		8		
		9					7	
		3	1		7	5		
	7					2		
		4		6				5
2			8	1				
	5		3			1		2


ENDLESS
Beauty
Whether you find yourself called to urban parkland trails, the breathtaking South Saskatchewan River, or the peaceful and thriving countryside, beneath vibrant living skies and on the edge of nature, the endless beauty of Saskatoon is yours to explore.
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